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ABSTRACT

A survey of state laws and regulations revealed that of 46 responding states and the District of Columbia, 27 states provide physical activities to children with various handicapping conditions. Findings indicated that provisions vary from state to state and do not always cover all aspects of adapted physical education or all children with handicapping conditions, and that only 12 states require physical educators (who work with handicapped children) to have special preparation or training. The following recommendations were based on the findings: (1) provision by states for physical education for all children; (2) the use of the terms "adapted physical education" and "handicapping conditions" according to definitions developed by the Committee on Adapted Physical Education of the American Association of Health, Physical Education, and Recreation (AAHPER) in 1952; (3) increase of certification requirements in each state to include needed competencies for providing physical education to children with handicapping conditions; and (4) a structure at the national level within the AAHPER to provide coordination and guidance for state and local levels. Appendixes give letters to state directors of special and physical education and relevant copies of state laws and regulations from responding states and the District of Columbia. (Author/HC)

ED 093125

# STATE PROVISIONS AND REGULATIONS FOR PHYSICAL EDUCATION FOR THE HANDICAPPED

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June 1974

INFORMATION AND RESEARCH UTILIZATION CENTER
IN PHYSICAL EDUCATION AND RECREATION FOR THE
HANDICAPPED

*Sponsored by* American Alliance for Health, Physical Education and Recreation
1201 Sixteenth Street, N.W.
Washington, D. C. 20036

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## BACKGROUND

Across the nation the constitutional right to an education for all children is fervently being contested. From Wisconsin to California (7), the right to a free, public education in case after case is being determined. In Pennsylvania and Washington, D.C. (5), rulings handed down from such cases have made it the responsibility of public school systems to provide for all children. Concurrently, many state legislatures have or are in the process of passing special education laws making specific provisions for the exceptional child. It is presently common course for public schools to find themselves responsible for the education of greater numbers of exceptional children with severe/profound mental retardation and/or multiple handicapping conditions.

A second trend currently gaining impetus throughout the nation is mainstreaming, or the integration of the exceptional child into regular programs whenever and to what extent possible. Proponents of mainstreaming are many and the values to be gained by the exceptional child therein are equally as prevalent (4). Ironically, the educational practices which evolve from mainstreaming have a unique impact on the quality of education for all children. That is, when the educator is forced to concentrate on individual differences/abilities, what results is a greater individualization of instruction. That is, one comes to view exceptionality not as a state of being, nor totally as a matter of degree; rather, each child can be viewed as an individual with specific interests, needs, and abilities unique onto himself.

With the rise of litigation and legislation in the area of special education, the increased number of imparied, disabled, and handicapped children in the public schools focuses attention on many questions of responsibility. One question specifically is the responsibility of public schools for providing physical education for these children. This study was conducted to determine the present responsibilities and provisions in each state made for providing physical education for children with handicapping conditions. It is hoped that the information provided will enable educators and legislators to prepare better to meet the needs of the exceptional child--as well as the individual needs of all children.

## PROCEDURE

An attempt was made to collect copies of relevant State laws and State Education Department regulations and standards. Two directions were taken to gather this material. First, State Directors of Physical

Education were contacted to obtain specific copies of their State laws and State Education Department regulations and standards governing: 1) physical education requirements; 2) the waiving of stipulated physical education requirements; 3) adapted/modified or special physical education provisions; and 4) special certification requirements for providing physical education to children with handicapping conditions. A letter requesting copies of these materials was sent to State Directors of Physical Education in February 1973 (see Appendix A). In April response to this request equaled less than half of the states. In addition, many states responding to the request failed to send actual copies of laws and regulations. In April 1973 a follow-up was sent to states which had failed to send all or any of the requested materials (see Appendix A). An indication was made as to specific materials missing.

The second direction taken in this survey was to contact State Directors of Special Education to obtain materials which might have generated through special education. Specifically, copies of State laws and/or State Department of Education regulations and standards were requested concerning: 1) certification requirements in physical education for special education teachers, administrators, and supervisors; and 2) laws dealing specifically with adapted or special physical education (see Appendix A). Response to this February 1973 request while equaling half the states brought poor results. The type of materials anticipated was not received in most cases. In addition the two direction approach appeared to have created chaos. In some states the State Director of Physical Education forwarded the request to the Director of Special Education stating that our inquiry fell within the realm of special education. In other states the State Director of Special Education forwarded the request to the State Director of Physical Education stating that our question could better be answered in the area of physical education. This meant that in many states only one response was received. Due to this confusion and to the rapidly changing status of special education laws, this second direction was abandoned.

Essentially the two direction approach was used because it appeared that laws regarding physical education for impaired, disabled, and handicapped children could conceivably generate from both the area of physical education and the area of special education. Information received did indeed prove that laws and regulations regarding physical education for children with handicapping conditions do exist as parts of physical education laws and regulations. Furthermore, special education laws and guidelines received indicate that in at least some cases the type of provisions for physical education that had been anticipated does also exist. An attempt has been made to integrate the special education provisions regarding physical education into the total summary. It should be pointed out, however, that materials regarding this

aspect are not complete; therefore, it is possible that some states have provisions that generated through special education legislation which are not represented in this report.

## LIMITATIONS

In addition to problems encountered in the collection of data, several problems arose in handling data which were collected. In attempting to place data into any type of meaningful categories, a mammoth task evolved. The regulation of physical education in each state is so different that to delineate hard and fast categories would be a misrepresentation of the facts. In some states provisions for children with handicapping conditions are made within the law. Other states regulate this provision through a combination of laws and State Department of Education regulations and standards. While for other states, it appears that guidelines and accreditation standards form the only directive.

The difficulty of interpreting the exact meaning of the laws themselves presents a further problem. State laws are generally written in broad terms to allow for administrative flexibility. Many laws encountered, however, were not just vague, but in some cases restrictive or contradictive. While some states interpret their meaning through the State Department of Education--in one state an opinion has been rendered by the Attorney General--for the most part, it seems that interpretation of laws may remain variable throughout the state until such time as 1) interpretations are contested in court, or 2) amendments to the laws are made so that they become more inclusive and more specific.

Another problem is created by lack of universal meanings in terms used. In some cases words used to designate eligible participants for special physical education programs could mean a limited segment of those with handicapping conditions or a more inclusive population. Likewise, descriptive terms used to define special physical education programs while constituting adapted physical education could mean only a limited aspect of it. Some of the terms encountered in state laws which are used to describe those programs of physical education for persons with handicapping conditions are described below:

"*Corrective* - remediate conditions such as postural deficiencies and minor orthopedic deviations through individually planned exercise and activity programs.

*Developmental* - increase exercise tolerance of the weak and ill through individually planned and progressively vigorous programs; more recently this has referred to preventing or improving low

levels of motor ability or poor physical fitness in preschool and primary level children.

*Therapeutic* - provide individual prescriptions of movement activity for various purposes and to meet specific needs.

*Remedial* - change or improve function or structure by means of selected exercises and/or physical/motor activities.

*Adapted* - modify sports and games so impaired, disabled, and handicapped persons can participate, and/or provide means for each person to develop sufficient skills in various activities so as to be able to participate with his peers, classmates, and contemporaries.

*Special physical education* - provide for the specific needs and abilities of special populations through corrective, developmental, therapeutic, remedial, or adapted "activities." (2, pp 3,4)

*Modified, restricted, limited* - denotes that the class is altered in some way to meet the physical, mental, and social demands of its students. (3. p. 15)

Both the terms used and their meanings vary greatly from state to state In many cases the term itself excludes children with handicapping conditions due to its narrow construction.

## CLARIFICATION OF TERMS

For the purpose of this study, adapted physical education shall mean "a diversified program of developmental activities, games, sports, and rhythms, suited to the interest, capacities, and limitations of students with disabilities who may not safely or successfully engage in unrestricted participation in the vigorous activities of the general [physical] education program." (1 p. 15) Handicapping conditions shall include but not be limited to: "hearing impairments (deaf and hard of hearing); illness and infirmity; low physical fitness, specific motor deficiencies, and physical under-development; mental retardation (mild, moderate, severe, and profound); neurological impairments and brain damage; physical and orthopedic handicaps (postural problems, inefficient body mechanics); special health problems (cardiac disorders, multiple sclerosis, muscular dystrophy, obesity, malnutrition, diabetes, asthma); serious maladjustments, emotional disturbances, and social maladjustments; and visual handicaps (blindness and partial sightedness); or those who are culturally, socially, or economically deprived." (10, p. 46)

From these descriptions it becomes apparent that adapted physical education is an inclusive program with broad functions. It may cover children both in the special education program and those in the regular program. It provides for programing at the individual's ability level and takes into account the wide variation in ability levels.

## HANDLING OF DATA

It becomes apparent then that any summary of state provisions and regulations concerning adapted physical education and children with handicapping conditions can only be made using the broadest of categories and the most flexible of terms. It is felt that the only true indication of such provisions and regulations can be found in an examination of the actual laws, standards, regulations, and interpretations themselves. For this reason materials received from each state which appear relevant have been reproduced by state in alphabetical order (see Appendix B). Materials are divided into two questions for each state.

- Question 1: requirements for physical education, provisions for waiving stipulated requirements, and provisions for adapted physical education.

- Question 2: special certification requirements in either adapted physical education or special education.

Only those sections of laws, regulations, and standards that are expressly concerned with providing physical education for children with handicapping conditions (whether they indicate an affirmative or negative answer to this question) are included. That is, if the State law directs that all children shall have physical education, that modified programs shall be provided for those who are unable to participate in the regular program, and that no one should be excused from physical education; then it was not considered necessary to include graduation requirements. In some states, however, graduation requirements appeared to be the only physical education regulation. It remains to be determined in many of these states whether these requirements are for all children and/or if course substitutions are allowed.

Every effort has been made to include sources of materials cited. The right hand column under each state indicates excerpts of the actual laws, regulations, standards and/or interpretations. Those in italics represent exact quotes from printed materials; regular type signifies material which has been paraphrased from letters of and conversation with state directors and resource people. The left hand column designates the source of the material reported. In cases where the exact source of the material received could not be determined, it is indicated that materials did come from a printed source. In instances where answers to questions posed were received via letter or telephone conversation with the State Director of Physical Education or, as in

a few instances, another resource person, the left hand column was left blank. Since materials are labeled in every other case, it should be concluded that any nonidentified material is from a source of this nature.

When tabulation began in August 1973, responses were missing from 14 states. An additional effort was made to contact resource people by telephone in all but one of these states. For the state to which exception has been taken, a law regarding physical education had been secured through query of the Council for Exceptional Children, State-Federal Information Clearinghouse for Exceptional Children in 1970; this was taken to represent provisions and regulations for that state. Copies of relevant materials for the remaining 13 states were again requested. For states from which these materials were then received, the information has been incorporated into Appendix B and the "Summary of Findings." In several cases the promised materials were never received. In these instances an effort has been made to record information discussed in the telephone conversation. This information, however, should be considered the least accurate.

In 1970 a pilot study which was somewhat more limited than the present study was conducted by the AAHPER Unit on Programs for the Handicapped. Due to lack of funds and adequate staff, the survey was never completed. Materials collected in the 1970 survey were reviewed and incorporated into the present study. Precedence is always given, however, to the most current information.

Response to the question concerning special certification requirements for teaching children with handicapping conditions in physical education was minimal. A review was made of Hooley's 1964 study: A Study of Certification, and Course-Work Practices in the Preparation of Teachers for the Area of Adapted Physical Education. (8) Information from the Hooley survey was only incorporated into this report in instances where she identified specific special certification requirements for states from which no information was received. In those cases where Hooley identified special requirements and State Directors of Physical Education in this survey stated that there was no special requirement, this is recorded as "no special requirement." In all other cases: 1) information received from states in the recent survey was used or, 2) when no information was received and the Hooley survey reported that state as having no special requirement, it was reported in the present survey as "no information."

## SUMMARY OF FINDINGS

The following attempt at summarizing materials collected is merely intended to aid the reader in gaining insight into trends

across the nation. Categories are neither meant to be inclusive nor conclusive. Those categories used and the decision to place any one state in a category has been solely through the interpretations of the author. Some narration is included under questionable subheadings to give insight into the rationale for including certain laws under those headings. For better understanding, the reader is referred to the exact laws and regulations in question through reference to Appendix B.

## Summary of Question 1

*Requirements for physical education; Provisions for waiving stipulated requirements; Provisions for adapted physical education.*

Of the 46 states (plus the District of Columbia) for which information was gathered, three reported having no laws or regulations regarding physical education. (According to the survey State Laws and Regulations for Health - Safety - Driver - Outdoor and Physical Education printed by the U.S. Department of Health, Education, and Welfare in 1964, physical education, as a separate subject or as a combined subject with health education, was a matter of law and/or regulation in 48 States, plus the District of Columbia). In the present survey, 22 of the reporting states have a law (in one case a standard) stating that physical education/training shall be provided for all pupils. An additional 14 states have a law or regulation stating that physical education shall be offered in every school. The main basis for physical education in the remaining eight states (including the District of Columbia), is a regulation for graduation which also exists in the 36 states having more specific regulations.

### Category 1

*The law states that every pupil shall have/take/be required to take physical education/training/exercise; or it may state that physical education shall be taught to all/covering all/ provided to all.*

1. Arkansas
2. California
3. Florida
4. Illinois
5. Indiana
6. Maine
7. Maryland
8. Massachusetts
9. Michigan
10. Minnesota
11. Missouri
12. New Jersey
13. New York
14. North Dakota

15. Oklahoma
16. Oregon (exists as a regulation only)
17. Rhode Island
18. South Carolina
19. Virginia
20. Washington
21. West Virginia (exists as law only at the elementary level; as regulation at the secondary level)
22. Wisconsin

Of these states only two make provision for waiving the requirement with no provision for adapted activities. One state makes no provision for either waiving the requirement nor for provision of adapted activities; however, in the opinion of the author, this means that activity in some form (adapted) must be provided to all children. It is the opinion of the author that the remaining 19 states require adapted activity either by law or State Department of Education regulation. The variety of ways in which this provision is regulated is further described below:

. *law* makes *no* provision for adapted activities/*no* provision is made for waiving the requirement

Missouri

. *law* makes provision for waiving the requirement

Michigan
- "...in so far as he is physically fit...."

Oklahoma
- said course shall be taught to all "...physically able...."
- a school district can be exempt from the requirement if it would cause undue hardship

. *law* makes provision for adapted activities/*law* makes provision for waiving the requirement

California
- provision made for limited, specified physical handicaps

South Carolina
- "...in so far as he is physically fit...."
- standard allows substitution for a subject in another area provided it is approved

. *law* makes provision for adapted activities/*regulation* makes provision for waiving requirement

Illinois
- interpretation of the State Department of Education makes provision for waiving the requirement

. *law* makes provision for adapted activities stating that courses shall be adapted/*law* makes provision for waiving the requirement

Arkansas
- "Said course shall be adapted to age, capabilities, and state of health...in preventing and correcting body deficiency."
- provision is made for waiving the requirement "...by reason of bodily defect or physical deficiency...."

Indiana
- "Such courses...shall be adapted to age and capabilities."
- provision is made for waiving the requirement by reason of "...physical disability...."

New Jersey
- "...courses shall be adapted to age and capabilities...."
- provision is made for waiving the requirement by stating "...in so far as he is physically fit...."

. *law* makes provision for adapted activities stating that courses shall be adapted/*no* provision is made for waiving the requirement

North Dakota
- "All school boards...shall adopt such methods as will adapt progressive physical exercise to the development, health, and disciplines...."

. *law* makes provision for adapted activities/*law* makes provision for waiving the requirement/*regulation* states that there is "no excuse" from the requirement

Minnesota
- "...in so far as he is physically fit...."

. *regulation* makes provision for adapted activities/*law* makes provision for waiving the requirement

Florida

Massachusetts
- regulation calls for "...corrective exercise...."

Washington
- regulation calls for "...proper corrective program...."

. *regulation* makes provision for adapted activities/*regulation* makes provision for waiving the requirement

Maryland
- "...modified where necessary to meet individual needs and capacities...."
- Only under the most extraordinary circumstances should the

local superintendent of schools authorize the substitution of an unrelated unit in lieu of this requirement

Oregon
- "Students who are found to have physical conditions that limit their participation in the activities of the regular physical education program should have special consideration."
- "These students should be referred to a physician to determine if there is a physical basis for restricted activities."
- Student may be excused from the requirement by reason of "...health, religion, or other good and sufficient cause."

. *regulation* makes provision for adapted activities/*regulation* states there shall be *no* waiving of the requirement

Virginia
- State Department of Education answers question of waiving requirement by medical excuse as: "No. Every effort should be made to provide an adaptive program...."

. *regulation* makes provision for adapted activities/*regulation* states there shall be *no* waiving of the requirement/*regulation* makes provision for waiving the requirement

Maine
- "No pupil should be excused...."
- provision is made for rest or extra class activity

New Jersey
- "All pupils shall be required to attend courses...in physical education activities adapted to individual pupil needs...."
- "Nothing...shall prevent a board of education from making curriculum adaptation as are necessary to meet local needs...."

. *regulation* makes provision for adapted activities/*no* provision is made for waiving the requirement

Rhode Island
- provision is made only for "mildly retarded"

West Virginia

Wisconsin

Category II

*Either a* law *or a State Department of Education* regulation/standard *states that schools shall have physical education/shall carry out a course in physical education/a course shall be taught in physical education/the Board of Education shall prescribe a course in physical education.*

1. Alabama (exists as a law/regulation states that every pupil shall have physical education)

2. Connecticut (exists as a law)

3. Georgia (exists as a law/regulation states that every student kindergarten through grade eight shall have physical education)

4. Iowa (exists as a law)

5. Kentucky (exists as standard)

6. Mississippi (exists as a law/regulation states that physical education shall be provided to all students in grades one through eight)

7. Montana (exists as a law)

8. New Mexico (exists as standard/standard states that physical education shall be required of all students at the junior high level)

9. North Carolina (exists as a law/guidance standard states that all students in grades seven through nine should have physical education)

10. Ohio (exists as a law)

11. Pennsylvania (exists as regulation)

12. South Dakota (exists as standard for accreditation)

13. Tennessee (unknown source)

14. Texas (exists as standard for accreditation)

Requirements under Category II appear much less rigid regarding the individual child than under Category I. In the opinion of the author, unless State Department of Education regulations expressly state that every child shall take physical education, there is no reason to assume such. This type of regulation has been made in several states at varying grade levels (see above listing). It would seem that in all other instances no special provision need be made for waiving physical education, as it is not specifically required of each child.

Eight of the states in this category make provision for adapted activities. An additional two states recommend adapted physical education for those children unable to participate in the regular program. The varying regulation of both this provision and that of waiving the requirement is further described below:

. *law* makes provision for adapted activities/*regulation* makes provision for waiving the requirement

Iowa
- opinion of the Attorney General states that it may be necessary to exempt a child even from the modified course if in the opinion of a physician such a child should be exempt

. *law* makes provision for adapted activities

Connecticut
- "...physical and health education...to be employed in preventing and correcting bodily deficiency...."

. *regulation* makes provision for adapted activities/*regulation* makes provision for waiving the requirement

Kentucky
- "Assignment to rest, restricted or individual activity, or excuse from normal physical education activity...."

. *regulation* makes provision for adapted activities

Ohio

Pennsylvania

. *regulation* makes provision for adapted activities/*regulation* states there shall be *no* waiving of the requirement

Alabama

Texas
- regulation states that the doctor should use the classification of "adapted and remedial" rather than a medical excuse

. *source unknown* makes provision for adapted activities

Tennessee

. *regulation* recommends adapted activities/*regulation* makes provision for waiving the requirement

New Mexico

. *regulation* recommends adapted activities

Georgia
- special program for those students who are physically handicapped is one of five items, half of which are required for accreditation

## Category III

*Requirement for graduation--no other laws or regulations*

1. Alaska
2. District of Columbia
3. Hawaii
4. Kansas
5. Louisiana
6. Nevada
7. Utah
8. Wyoming

Under this category it is assumed that all children must complete the physical education requirement unless there is a regulation making provision for waiving the requirement. Such a provision is known to exist in three of the states: Louisiana, Nevada, and Wyoming.

## Summary of Question 2

*Special Certification Requirements for Physical Educators*

There was a limited response to the question of special certification requirements in adapted physical education and/or special education for general/or special physical educators. In addition to the four states for which no response was received on either question, an additional 11 states gave no response to this question. Of the remaining 36 states 25 reported having no special requirement of this nature for certification of physical educators. These states include:

1. Alabama
2. Arizona
3. Colorado
4. Connecticut
5. District of Columbia
6. Georgia
7. Hawaii
8. Illinois
9. Indiana
10. Iowa
11. Kansas
12. Kentucky
13. Louisiana
14. Michigan
15. Missouri
16. Montana
17. Nevada
18. New Hampshire
19. New Mexico
20. New York
21. Ohio (at the secondary level)
22. Rhode Island
23. South Carolina
24. South Dakota
25. West Virginia

The remaining 11 states reported having an adapted physical education or special education requirement for certification of physical educators. (In addition a 12th state which has no special requirement at the secondary level, has a requirement for adapted physical education for certification at the elementary level.) The specific requirement varied from state to state. It might be anything from a required competency to be included in professional preparation programs for institution approval, to a special education - special field certificate requiring physical educators to have nine credits in special education in addition to a certificate in physical education. The majority of requirements consist of a single course for general physical educators. The course itself could vary anywhere from narrow descriptors such as remedial or corrective to the more inclusive title of adapted physical education. The following states indicated a certification requirement of some nature in the area of adapted physical education:

1. California
2. Florida
3. Maryland
4. Minnesota
5. Mississippi
6. North Carolina
7. Ohio (at the elementary level)
8. Oregon
9. Tennessee
10. Utah
11. Virginia
12. Wisconsin

## CONCLUSIONS AND RECOMMENDATIONS

A total of 27 states make provisions for providing adapted physical activities to children with handicapping conditions; an additional two states recommend such activity. Those provisions made, however, do not always cover all aspects of adapted physical education nor are all handicapping conditions included. These are conditions which warrant special knowledge and techniques if the child is to benefit from physical activity, and indeed so that such activity does not complicate a condition or actually cause harm. Yet only 12 states require physical educators working with children with handicapping conditions to have special preparation. Even these requirements are not always inclusive of all aspects of adapted physical education for all handicapping conditions.

With current trends in litigation and legislation meeting the educational needs of more and more children with handicapping conditions, it would seem a concurrent progressive trend in physical education were additional states requiring adapted physical education courses for certification of physical educators. Yet, while several states have added certification requirements in adapted physical education since the 1964 Hooley report, three states report-

ing a special requirement then now appear to no longer have this requirement. One state reports dropping its 12 semester hour requirement for physical educators of classes of physically handicapped because "so few teachers applied for this certificate."

Clearly, if physical education programs are to keep abreast with current trends in education, that is, provide equal educational opportunities for all children, individualizing instruction when necessary to meet individual needs, more attention must be given to adapted physical education.

1) Provisions must be made at the state level for providing physical education to all children.

2) Terminology used in formulating these provisions must be expanded so that all handicapping conditions are included.

3) Terminology used to designate special physical education programs must be broad enough to cover all aspects of adapted physical education as defined by the Committee on Adapted Physical Education of the American Association of Health, Physical Education, and Recreation in 1952 (see "Clarification of Terms").

4) Certification requirements need to be made at the state level so that physical educators dealing with children with handicapping conditions are prepared to meet individual needs.

5) Direction and coordination of development in the area of adapted physical education must be given at the national level.

   . recognition should be made of the outstanding contributions to the field of physical education for individuals with handicapping conditions that have been made by various structures of the American Association for Health, Physical Education, and Recreation, (e.g., the Committee on Adapted Physical Education/Unit on Program for the Handicapped).

   . in recognition of the role that the American Association for Health, Physical Education, and Recreation has played through the various projects of these structures, and in realization of the need for similar philosophical guidance and technical assistance, a structure with designated power to act in these matters must be provided in the reorganization of the Association.

- this structure should be charged with the *coordination* of efforts, the *development* of sound philosophical and practical guidelines, and the *provision of technical assistance* to aid state and local authorities in the implementation of both new and previously developed guidelines (1 and 2) in the area of adapted physical education.

APPENDIX A

American Association for Health, Physical Education, and Recreation
A NATIONAL AFFILIATE OF THE NATIONAL EDUCATION ASSOCIATION · 1201 16TH STREET NW, WASHINGTON, D.C. 20036
BARBARA E. FORKER, President · CARL A. TROESTER, JR., Executive Secretary · TELEPHONE 833-4000

February 9, 1973

State Directors of Physical Education -

Dear :

The American Association for Health, Physical Education, and Recreation has recently received a three year grant from the Bureau of Education for the Handicapped, Department of Health, Education and Welfare, to operate an Information and Research Utilization Center in Physical Education and Recreation for the Handicapped. The purpose of this Center is to collect, categorize, describe, interpret, and disseminate information about materials, methods, ongoing programs, promising practices, research and demonstration in adapted physical education, therapeutic recreation, and related programs.

To aid educators, government decision makers, and other interested persons in determining present responsibilities and provisions for providing physical education for impaired, disabled, and handicapped children, pertinent state laws are being reviewed by the Center staff. The State-Federal Information Clearinghouse for Exceptional Children and the National Center for Law and the Handicapped have expressed interest in this project.

In some states the only guidelines, standards, rules or regulations specifying adapted or special physical education programs are found in interpretations or extensions of the laws themselves in state administrative literature. For this reason request is being made for copies of both specific state laws dealing with physical education and policies generated by the State Department of Education in the following areas:

- specific laws, regulations, and mandates governing physical education
- laws and procedures by which stipulated physical education requirements can be waived
- laws dealing specifically with adapted or special physical education
- certification requirements in adapted physical education and/or special education for general and/or special physical educators
- State Department of Education administrative literature interpreting, extending, and regulating all of the above.

Copies of sections of the laws and State Department of Education administrative literature pertinent to the above are requested. A similar request is being made to the division of special education for information of this nature. A copy of the Center's final report will be shared with you.

Your cooperation is greatly appreciated.

Sincerely,

Julian U. Stein, Director
Information and Research Utilization Center
in Physical Education and Recreation
for the Handicapped

American Association for Health, Physical Education, and Recreation
A NATIONAL AFFILIATE OF THE NATIONAL EDUCATION ASSOCIATION · 1201 16TH STREET NW, WASHINGTON, D.C. 20036
BARBARA E FORKER, President · CARL A. TROESTER, JR., Executive Secretary · TELEPHONE 833-4000

STATE DIRECTORS OF SPECIAL EDUCATION - February 9, 1973

The American Association for Health, Physical Education, and Recreation has recently received a three year grant from the Bureau of Education for the Handicapped, Department of Health, Education, and Welfare, to operate an Information and Research Utilization Center in Physical Education and Recreation for the Handicapped. The purpose of this Center is to collect, categorize, describe, interpret, and disseminate information about materials, methods, ongoing programs, promising practices, research and demonstration in adapted physical education, therapeutic recreation, and related programs.

To aid educators, government decision makers, and other interested persons in determining present responsibilities and provisions for providing physical education for impaired, disabled, and handicapped children, pertinent state laws are being reviewed by the Center staff. The State-Federal Information Clearinghouse for Exceptional Children and the National Center for Law and the Handicapped have expressed interest in this project.

In some states the only guidelines, standards, rules or regulations specifying adapted or special physical education programs are found in interpretations or extensions of the laws themselves in state administrative literature. For this reason request is being made for copies of both specific state laws dealing with physical education and policies generated by the State Department of Education in the following areas:

- certification requirements in physical education for special education teachers, administrators, and supervisors
- laws dealing specifically with adapted or special physical education
- State Department of Education administrative literature interpreting, extending, and regulating all of the above.

Copies of sections of the laws and State Department of Education administrative literature pertinent to the above are requested. A similar request is being made to the division of physical education for information of this nature. A copy of the Center's final report will be shared with you.

Your cooperation is greatly appreciated.

Sincerely,

Julian U. Stein, Director
Information and Research Utilization Center
in Physical Education and Recreation
for the Handicapped

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MEMORANDUM

April 23, 1973

To: State Directors of Physical Education

From: Julian U. Stein, Director
Information and Research Utilization Center
in Physical Education and Recreation
for the Handicapped

Subject: Follow-up of February 9, 1973 Communication

Review of copies of State Laws and State Department of Education administrative literature requested from State Directors of Physical Education, February 9, 1973, indicates that for your state we have not received:

- specific law, regulations, and mandates governing physical education,
- law and/or procedures indicating how stipulated physical education requirements can be waived,
- laws making provisions for anyone unable to participate in regular physical education programs,
- certification requirements in adapted physical education and/or special education for general and/or special physical educators.

Please send copies of specific laws and interpretive materials dealing with those areas indicated above. This procedure has been chosen over a questionnaire to make response easier for you. Your help in this endeavor will help us compile information and materials which may be of direct assistance to states now formulating or making important changes in physical education legislation. Data also have implications for implementing general and/or specific directives that mandate the same opportunities for impaired, disabled, and handicapped students as provided their classmates and peers. It is also hoped that the final report will have impact on Federal legislation and Federal funding. A copy of the final report will be automatically sent to you.

Your cooperation, courtesy, and assistance are greatly appreciated.

APPENDIX B

NOTE #1: Please read "Handling of Data" before referring to this section

NOTE #2: While this report was in the process of being printed, a report, State Requirements in Physical Education for Teachers and Students (Washington, D.C.: The American Association for Health, Physical Education, and Recreation, 1973) by Howard Davis was published. The nature and purpose of these two reports differ, the Davis report is concerned with the regulation of physical education for the regular student population while this report examines implications of those laws and regulations, as well as specific ones, for students with handicapping conditions. It should be noted that some of the basic information should be the same. Discrepencies were noted, however, in data concerning physical education requirements for students. (It is impossible to compare materials on certification requirements in a similar manner since the nature of materials recorded in each report differs.) The following differences where noted in data concernig physical education requirements:

- lack of agreement between reports as to the source of the requirement--e.g., law, regulation of State Department of Education, or accreditation standard
- Davis has made no indication as to the exact source of some requirements recorded
- materials recorded for some states are at varience between the reports
- materials recorded in one of the reports contains supplementary information to the other

States that exhibit one or more of the above discrepencies have been marked with a # below the 1 in the first question. The majority of these differences do not affect the final summary or interpretation of this study.

## ALABAMA

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|---|---|
| *1. Alabama School Code 1941 Title 52, Section 555 (p. 222) | *Every public school and private or parochial school shall carry out a system of physical education, the character of which shall conform to the program or course outlined by the Department of Education.* |
| Accreditation Standards for High Schools; Bulletin No. 13, 1966, Standard XX (p. 21) | *In recognition of the above laws as interpreted by the Attorney General of Alabama in 1936-38, page 3, stating that "Physical education of students in the public schools of Alabama is a recognized and required part of their curricula," it is imperative that each school provide for the fulfillment of the law by:*<br><br>*1. Planning the program of studies so every student can pursue a course in physical education each year.*<br><br>* * *<br><br>*5. All boys and girls should have at least one physical examination while in junior high school and another in senior high school. The program of physical education should then be based on the findings. These findings should be recorded on the cumulative records, and efforts made to get defects corrected.*<br><br>*6. No pupil should be excused from physical education. A modified activity program should be provided for those unable to take the regular program.* |
| **2. | No special requirement |

*Question 1: requirements for physical education, provisions for waiving stipulated requirements, provisions for adapted physical education

**Question 2: Special certification requirements in adapted physical education and/or special education for general or special physical educators

#: Indicates materials that are not in agreement with the Davis report (see page 23 )

ALASKA

1. # — One credit of physical education required for graduation/may include up to half-time health education/graduation requirements could easily be waived for a physically handicapped student through the Commissioner of Education.

2. No information

ARIZONA

1. — No law

2. — No special requirement

ARKANSAS

1. State Law Section 80-1617 — *Course of Physical Training to be Prescribed by Commissioner of Education. -- It shall be the duty of the Commissioner of Education, as executive officer of the State Board of Education, to outline a course of physical training for use in the various schools of the State, and for this purpose he shall have the advice and cooperation of the State Board of Health. Said course shall be adopted to the ages, capabilities and state of health of pupils in the several grades and departments, and shall include exercises, calisthenics, formation drills, instruction in personal and community health and safety, and in preventing and correcting bodily deficiency. Every pupil in the schools of this State, except such as may be excused by reason of bodily defect or physical deficiency, shall be required to take the course of physical training herein, provided: the time devoted to such course to be as prescribed in the outline prepared by the Commissioner of Education. It shall be the duty of the county and the city superintendents of schools, board of directors, and other officers to see that the provisions of this section are carried into effect.* (Act 169 of 1931, Sec. 195).

2. No information

CALIFORNIA

1. Senate Bill Chapter 1 Article 4 — *461. The Department of Education shall:*

*(a) Adopt such rules and regulations as it deems necessary and proper to secure the establishment*

CALIFORNIA (continued)

*of courses in physical education in the elementary and secondary schools.*

Chapter 3
Article 2

*Course of Study for Grades 1 through 6*

*8551. The adopted course of study for grades 1 through 6 shall include instruction, beginning in grade 1 and continuing through grade 6, in the following areas of study:*

* * *

*(g) Physical education, with emphasis upon such physical activities for the pupils as may be conducive to health and vigor of body and mind, for a total period of time of not less than 200 minutes each 10 school days, exclusive of recesses and the lunch period.*

Article 3

*Course of Study for Grades 7 through 12*

*8572. All pupils, except pupils excused, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each 10 schooldays.*

Article 4

*Exemptions from Course of Study Requirements*

*8702. The governing board of each district may grant temporary exemption from courses in physical education to pupils who are ill or injured where a modified program to meet the needs of the pupils cannot be provided, and to pupils while enrolled for one-half, or less, of the work normally required of full-time students. Permanent exemption may be granted a pupil who reached his 21st birthday, or a pupil who is enrolled as a postgraduate student.*

California Administrative Code, Title 5, Chapter 4
Division 3

*3630. Instruction of Physically Handicapped Minors in Remedial Physical Education.*

*Instruction of physically handicapped minors in remedial physical education described in Education Code sections 6802.1 and 18102.9(c) is designed for eligible pupils, as defined in Section 3631, who have physical handicaps so severe as to prevent normal participation in physical education classes or normal partici-*

CALIFORNIA (continued)

*pation in physical education classes designed to meet the needs of pupils with minor or moderate physical defects, and to necessitate their assignment for not less than six school weeks to instruction in remedial physical education. Teachers instructing physically handicapped minors in remedial physical education shall be qualified to give such instruction.*

*3631. Eligibility of Pupils*

*A pupil is eligible for assignment to instruction in remedial physical education as defined in this article if, upon diagnosis by a licensed physican and surgeon he is found to have one or more of the following conditions:*

*(a) Serious impairment of his locomotion by crippling due to infection, including but not limited to bone and joint tuberculosis, cerebral palsy, poliomyelitis, and the like; or to birth injury, including but not limited to Erb's palsy, bone fractures, and the like; or to congenital anomalies, including but not limited to congenital amputation, clubfoot, congenital dislocations, spina bifida; or to trauma, including but not limited to amputations, burns, and fractures, and the like; or to tumors, including but not limited to bone tumors, bone cysts, or to developmental diseases, including but not limited to coxa plana, spinal osteochondritis; or to other crippling conditions, including but not limited to fragile bones, muscular atrophy, muscular dystrophy, Pertes' disease.*

*(b) Severe sensory impairments.*

*(c) Severe cardio vascular, respiratory, or glandular conditions.*

*(d) Severe postural difficulties.*

*(e) Other severe disabling physical conditions.*

2. A Study of Certification and Coursework Practices in the Preparation of Teachers for the Area of Adapted Physical Education, Agnes M. Hooley, Bowling Green State University, 1964 (p. 6)

*Adapted Activities, as part of the core of applied sciences basic to movement; specialized preparation for teachers of orthopedically and mentally handicapped in special classes. (California Publication #92394).*

COLORADO

1. # No laws

2. No special requirements

CONNECTICUT

1. Connecticut Laws Concerning Pupil Personnel and Special Educational Services, Connecticut State Department of Education, 1972, Section 10-15 (p.3)

*Towns to maintain Schools. Prescribe course of study....In said schools shall be taught, by teachers legally qualified, reading; spelling; writing; English grammar; geography; arithmetic; United States, state and local history; the duties of citizenship, which shall include a study of the town, state, and federal governments; hygiene; the effects of alcohol, nicotine or tobacco and of controlled drugs, as defined in section 19-443, on health, character, citizenship and personality; physical and health education, including methods, as presented by the state board of education, to be employed in preventing and correcting bodily deficiency.... Courses in health instruction and physical education shall be prepared by the secretary of the state board of education and, when approved by the state board of education, shall constitute the prescribed courses.*

2. No special requirement

DELAWARE

DISTRICT OF COLUMBIA

1. # Report approved by D.C. Board of Education Meeting November 21, 1973.

One semester physical education required seventh and eight grades; 1/2 Carnegie Unit per year required in ninth grade; one Carnegie Unit required (combined with health) in 10th grade. Possible to elect in 11th and 12th grades.

2. No special requirement

FLORIDA

1. # Law Chapter 228 Section 20

*Physical fitness activities required as part of state educational program.--*

*(1) The state board of education and the board of regents are hereby authorized and requested to require all public schools and higher educational institutions under the supervision of the said boards to provide programs and activities designed specifically to promote physical*

*fitness as a part of the educational program and requirements of the said schools and institutions.*

*(2)(a) The curricula of all public schools may be expanded as rapidly as possible during 1965 and 1966 to provide a plan of health education and physical education covering all students attending the elementary, secondary and higher educational institutions.*

*(b) After July 1, 1966, the state board of education and the board of regents are requested to require that all students except those granted a medical exemption attending the public schools of this state and public institutions of higher learning participate in programs of vigorous physical activity that will develop physical fitness and increase the efficiency of the cardiovascular system, and contribute to the development of physical skills. The state department of education and the board of regents are requested to provide curriculum guides indicating scope and progression in such activities provided such guides shall not include dancing. The state board of education and the board of regents regulations are requested to require that all students except those granted a medical exemption attending the public schools and institutions of higher learning of this state participate in health education and physical education for the minimum amount of time necessary in order to have a reasonable possibility of acquiring appropriate health knowledge and physical fitness.*

State Board of Education Standards

9.7411 *(2) Instruction*
*(a) Scope of Program-Primary*

* * *

*13. Adapted program. Students have been provided programs adapted to their individual needs including medically prescribed exercises for those pupils with diagnosed therapeutic handicaps.*

9.8416 *(2) Instruction - Scope of Program*

* * *

FLORIDA (continued)

*(k) Adapted program. Students who scored in the fourth quartile on a standard physical fitness test and who have no identifiable organic defects are assigned developmental activities.*

*(l) Adapted program. Students identified in (2)(k) demonstrate progress in the components of fitness when tested by an appropriate instrument of measurement.*

*(m) Adapted program. Students whose therapeutic needs have been identified in writing by a licensed physician have been provided a program of medically prescribed exercises and other appropriate activities.*

9.923 *Instructional program requirements*

* * *

*(4) Course or subject required of every student for graduation from grades 10-12.*

*(a) There is no substitute for the following requirements for every student except those granted medical exemptions as provided by Florida statues....*

*Physical Education - one credit (exclusive of health, first aid, and driver education, or two credits if year not completed in ninth grade).*

9.9420 *Physical education-senior high school*

* * *

*(2) Instruction - Scope of Program*

* * *

*(m) Adapted programs. Atypical students have been provided programs adapted to individual needs. Students are assigned to such programs as a result of a screening process which involved medical consultation.*

*(n) Adapted programs. Students, without identifiable organic defects, who scored below the 25th percentile on standard physical fitness tests demonstrate improvement in the fitness components*

FLORIDA (continued)

*after following a routine of teacher prescribed activities.*

*(o) Adapted programs. Students whose therapeutic needs have been identified in writing by a licensed physician have been provided with a program of medically prescribed activities.*

*(p) Adapted programs. Students whose therapeutic needs have been identified in writing by a licensed physician can demonstrate acceptable form and technique in patterns of movement to the extent permitted by the identified handicap.*

2. A Study of Certification, and Course-Work Practices in the Preparation of Teachers for the Area of Adapted Physical Education, Agnes M. Hooley, Ph.D., Bowling Green State University, 1964 (p. 6)

*At least two semester hours in Adapted and Corrective Physical Education.*

GEORGIA

1. Law
# Chapter 32.1901

*State Board of Education to perscribe course of study in health and physical education*

*The Georgia State Board shall prescribe a course of study in health and physical education for all grades and grade levels in the public school system and shall establish standards for its administration. Said course may include instruction in alcohol, smoking and health and drug abuse education and may occupy periods totaling not less than 30 minutes per day in kindergarten through grade eight or equivalent grade levels. A manual setting out the details of such courses of study shall be prepared by or approved by the State Superintendent of Schools in cooperation with the State Board of*

GEORGIA (continued)

*Health and State Board of Education, and such expert advisors as they may choose. (Acts 1971, pp. 299, 300.)*

Standards for Public Schools of Georgia, 1972.

*212. Every student in kindergarten through grade eight is enrolled in health and physical education for a minimum of 30 minutes daily. N/A if the school does not contain any of the grades one through eight.*

*362. A special program is provided for those students who are physically handicapped. (One of five items, half of total five required)*

2. No special requirement

HAWAII

1. # One-half credit (one semester) per year, grades seven through ten, and ninety minutes a week for kindergarten through six.

2. No special requirement

IDAHO

ILLINOIS

1. # The School Code of Illinois, Section 27-6

*Pupils enrolled in the public schools and state universities engaged in preparing teachers shall, as soon as practicable, be required to engage daily, during the school day, in courses of physical education and health instruction for such periods as are compatible with the optimum growth and development needs of individuals at various age levels.*

*Special activities in physical education, or a modified course thereof, shall be provided for pupils whose physical or emotional condition, as determined by the examination provided for in Section 27-8, prevents their participation in the courses provided for normal children.*

The Legal Division of the Office of Superintendent of Public Instruction interprets this ruling to mean that *every student enrolled in a school should be required to engage daily, during the school day, in courses of physical education and health instruction. At the present time, the only legal excuse*

ILLINOIS (continued)

*from participation which a school administrator may accept is a written excuse from a member of the medical profession. School districts are also asked to make provisions for some type of a modified program in this curricular area for those students who are unable to actively participate in the program arranged for normal children.*

2. Office of the Superintendent of Public Instruction, adapted by State Teachers Certification Board in January 1970.

**No special requirement**

INDIANA

1. Law
Acts of 1919 Chapter 149 (p. 682)

*Physical Education Courses in Schools. Section 1. The state board of education may prescribe suitable courses of instruction in physical education, in accordance with the provisions of this act, for all pupils enrolled in the private, elementary and high schools of the state, except pupils who may be excused from such training on account of physical disability, such physical disability to be determined by the health supervisor of the school corporation, if there be a health supervisor, or by any reputable physician licensed to practice medicine in the state. Such courses of instruction in physical training shall be adapted to the ages and capabilities of the pupils in the several grades of the elementary and high schools and shall include physical exercises, calisthenics, formation drills, games and athletics and such other features and details as, in the discretion of the state board of education, may aid in carrying out the spirit and purpose of this act.*

2.

**No special requirement**

IOWA

1. Law
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*280.13 Physical Education*
*The teaching of physical education exclusive of interscholastic athletics, including effective health supervision and health instruction, of both sexes shall be required in every public ele-*

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| IOWA (continued) | *mentary and secondary school of the state. Modified courses of instruction shall be provided for those pupils physically or mentally unable to take the courses provided for normal children. Said subject shall be taught in the manner prescribed by the State Superintendent of Public Instruction.* |
| Opinion Attorney General, 1928 (p. 244) | *A school board may be required to exempt a child from physical education class and even from the modified course for physically handicapped children if in judgment of competent physician such child should be exempt.* |
| 2. | No special requirement |
| KANSAS | |
| 1. # | One unit of physical education required for graduation, one-half of which may be health, safety, first aid or physiology. |
| 2. | No special requirement |
| KENTUCKY | |
| 1. Commonwealth of Kentucky Department of Education Extensions pursuant to the authority of KRS Chapter 156.160 | *48.001. Administrative Procedures in Health and Physical Education*<br>* * *<br>*(3) There should be a daily period in physical education equal in length to the regular periods of the school day, or a minimum of 225 minutes per week. Credit will be given in proportion if less time is allotted.*<br>*(4) A modified program should be provided for pupils who are unable to participate in the regular courses.*<br>*(5) The physician making the examination should be required to sign the record card, make approved recommendations, and classify pupils. (a) Pupils meeting all requirements of the examination should be assigned to unlimited participation. (b) Pupils unable to participate in regular courses should be assigned to restricted activity temporarily or permanently. (c) Assignment to rest, restricted or individual activity, or excuse from normal physical education activity (for other than a temporary ill-* |

KENTUCKY (continued)

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| | *ness) should be approved by the school physician in consultation with the principal or physical education instructor. (d) Students returning to strenuous activity in physical education and in interschool athletics should be approved by a physician prior to participation.* |
| 2. Guidelines For The Preparation-Certification for Secondary School Teachers, Commonwealth of Kentucky, Department of Education, Teacher Education Circular #287 | No special requirement |

LOUISIANA

| | |
|---|---|
| 1. State Department of Education Circular No. D-267, Requirements for Graduation 1971-1972 | *Requirements for High School Graduation*<br>* * *<br>*(5) Health and Physical Education, minimum of two units*<br>*Additional requirements: The student shall be required to earn credit in a minimum or a maximum program of Health and Physical Education each year of high school attendance, up to a maximum of four years, and these credits shall be applicable to meeting minimum requirements for graduation.*<br>* * *<br>*Students may be exempted from the requirements in Health and Physical Education for medical or other authorized reasons, but the minimum number of units of credit required for graduation shall not be reduced because of each exemption.* |
| 2. Printed Source Unknown | No special requirement |

MAINE

1. Law
# Title 20
Chapter 109

*Section 1011. Program established*
*In order more thoroughly to prepare the youth of the State for the duties and obligations of citizenship and to provide for their future well-being and comfort, it shall be the duty of the school committees of the several administrative units of the State to make provision for the organization and development of adequate programs of health, safety and physical education and to require the teaching of these courses to all (underlining supplied) pupils in the public elementary and secondary schools of the State in accordance with a course study and plans of lessons and instruction prepared by the commissioner, who shall prescribe such rules and regulations as may be necessary to carry out in successful manner said programs of health, safety and physical education, and he may require such reports from superintendents as he may deem necessary.*

An Administrative Summary for Health and Physical Education, State Department of Education, 1964

Interpretation
*No student should be permitted to participate in strenuous class or athletic activity without a satisfactory medical examination. The periodic medical exam previously mentioned is sufficient. On the basis of the medical examination, children should be scheduled for physical education for unlimited activity or modified activity as indicated.*

*No pupil should be excused from participating in physical education. However, a physician may assign pupils to rest or restricted programs. It is the duty of the school to provide the kind of physical education which is suited to the individual needs at all times. Allowances should be made for temporary excuses, and assignment to modified, restricted, or extra class activity. A student returning after a serious illness should be examined by a physician or nurse and assigned to a modified program, if needed, until his condition justifies resumption of normal activity. Properly fitted protective mouthpieces should be worn at all times during practice and competition in any contact sport.*

2. No information

MARYLAND

1. Public School Laws of Maryland, Vol. XLVI Article 77, Section 87

*Physical Education*
*There shall be required in all the public schools of this State a program of physical education that is provided in a planned and sequential manner to all students, kingergarten through grade 12, for the development of their good health, physical fitness, and their improvement in motor coordination and physical skills. (1969, ch. 405, p. 1).*

State Department of Education Handbook (p. 22)

**Units for graduation**

* * *

*Physical Education* *1 Unit*

* * *

*The values to be derived from a physical education program modified where necessary to meet individual needs and capacities warrant the inclusion of one unit from this field among those required of all students for high school graduation. Only under the most extraordinary circumstances should the local superintendent of schools authorize the substitution of an unrelated unit in lieu of this requirement. Students should be urged to participate in the physical education program each year of high school. A full unit in this area may be earned in one school year only when the offering is regularly constituted as Health and Physical Education meeting daily for a total of at least 150 clock hours over 36 weeks.*

2. "Requirements for Certification," Maryland State Department of Education.

*2(b). Kinesiology, body mechanics, physiology of exercise, theory of exercise, atypical or adapted or remedial physical education.* (One of six content areas in which a total of 30 semesters hours is required with course-work in each).

MASSACHUSETTS

1. Law Chapter 71

*Section 1. Maintenance of Public Schools and Subjects of Study (Last Am.1966, 187)....*
*Such schools shall be taught by teachers of competent ability and good morals, and shall give instructions and training in orthography, reading, writing, the English language and grammar, geography, arithmetic, drawing, music, the history and constitution of the*

MASSACHUSETTS (continued)

*the United States, the duties of citizenship, physiology and hygiene, physical education, and good behavior.*

Chapter 150 (1966)

*Section 3. Physical education shall be carried on daily for all pupils in the public schools and may include calisthenics, gymnastics and military drill; but no pupil shall be required to take part in any military exercise if his parent or guardian is of any religious denomination conscientiously opposed to bearing arms, or is himself so opposed, and the school committee is so notified in writing; and no pupil shall be required to take part in physical education exercises if a physician of good standing certifies in writing that in his opinion such physical education exercises would be injurious to the pupil.*

"Regulations for Physical Education," State Department of Education

*4. Children who can benefit from corrective exercises shall have adaptive or corrective programs scheduled in compliance with Chapter 71, Section 3.*

2. No information

MICHIGAN

1. The School Code of 1955, General School Laws-Part II, Chapter 18

*340.781 Physical education; establishment of courses in public and normal schools. (M.S.A. 15.3781)*
*Section 781. There shall be established and provided in all public schools of this state, and in all state normal schools, health and physical education for pupils of both sexes, and every pupil attending such schools of this state so far as he or she is physically fit and capable of doing so shall take the course in physical education as herein provided.*

2. "Requirements for the Certification of Teachers in Michigan"

No special requirement

MINNESOTA

1. Law #

*126.02 Physical and Health Education. Subdivision 1. Instruction Required in Public*

MINNESOTA (continued)

*Schools. There shall be established and provided in all the public schools of this state, physical and health education, training, and instruction of pupils of both sexes. Every pupil attending any such school, insofar as he or she is physically fit and able to do so, shall participate in the physical training program. Suitable modified courses shall be provided for pupils physically or mentally unable or unfit to take the course prescribed for normal pupils. No pupil shall be required to undergo a physical or medical examination or treatment if the parent or legal guardian of the person of such pupil shall in writing notify the teacher or principal or other person in charge of such pupil that he objects to such physical or medical examination or treatment; provided that secondary school pupils in junior and senior years need not take the course unless required by the local school board.*

A Guideline for Adapted Physical Education, Department of Education, Curriculum Bulletin No. 1970 (p. v.)

*No one is to be excused from physical education classes. Pupils who have a permanent or long-term disability shall be assigned to the adapted program on the basis of medical recommendation.*

*Pupils who have a temporary health condition such as a cold, menstruation, or muscle strain should be encouraged to participate moderately in activities of a less strenuous nature.*

2. Certificate Handbook, State of Minnesota Department of Education, 1971, (p. 28)

*Major preparation in physical education shall consist of not less than 42 semester (63 quarter) hours of credit in the areas listed below. In each case the listed courses or their equivalents must be included.*

* * *

*3. Professional physical education*

*(a) Preparation in each of the following areas shall give attention to both elementary and secondary education:*

* * *

*Adapted physical education*

MISSISSIPPI

1. Law (1953) # Ex. Sess. Chapter 26, p. 12

*6216-12. INSTRUCTION IN HYGIENE. -- The state board of education shall make adequate provision for instruction in general hygiene, individual hygiene, group hygiene and intergroup hygiene, and provisions for regular periodic and thorough health examinations and inspections of pupils and for such reasonable correlation as may be necessary for the betterment of health and treatment of abnormalities through available agencies inside or outside the public school system. Provision shall also be made for education and health training through physical exercises, games, play, recreation and athletics. The conduct and attainment of all pupils taking part in such activities shall be graded and marked and may form a part of the requirements for promotion or graduation.*

Standards for Accreditation of Elementary and Secondary Schools, State of Mississippi Board of Education, Bulletin 171, 1970

*5. An organized physical education program for all students in grades one through eight shall be provided.* (Elementary Schools, p. 14)

*(b) Each school shall also provide appropriate experience in health, physical education, and safety.* (Secondary Schools, P. 23)

2. Regulations for Teacher Certification, Division of Instruction State Department of Education, Bulletin 130, 1970, (p. 31)

*Health and physical education courses shall include some study in the following areas:*

* * *

*correctives*

MISSOURI

1. Missouri School Law # 1966, Publication No. 10

*161.102. (Formerly 163.250) State board to adopt rules concerning courses in physical education and provide manual. -- The state board of education shall*
*(1) Adopt and promulgate rules and regulations deemed necessary to secure courses in physical education to all pupils and students in all public schools and in all educational institutions supported in whole or in part by the state;....*

2. The School Administrator Handbook, p. 159

*Physical Education*

* * *

MISSOURI (continued)

*Physical education is required of all students. Elementary schools should provide at least two 30-minute periods for physical education per week. High schools enrolling students in grades 9 through 12 shall require all students to be enrolled in physical education classes 4 days per week for 2 years or at least 2 days per week for 4 years.*

2. Missouri Secondary Certificate Requirements, 1971, Form TC-8 — **No special requirement**

MONTANA

1. Revised Codes of # Montana, 1947 — *75-2009. Health instruction in public schools required. Instruction in health, physical education and recreation shall be a part of the course of instruction and training in the public elementary and secondary schools. The course of instruction shall be prepared by the state superintendent. To provide supervision for the instruction, he shall appoint a supervisor who is a graduate of an accredited institution of higher education with a master's degree in physical education. The supervisor's annual salary shall be comparable to other supervisor's.*

2. Certification of Teachers and School Administrators in Montana, March 1971 — **No special requirement**

NEBRASKA

NEVADA

1. Graduation # Requirements and Regulations, p.5 — *II. Required Areas of Study*

* * *

*D. Physical Education 2 Units*

* * *

*Exemptions from this credit requirement are:*
*1. Statutory exemptions (The following must be granted by the school district after satisfactory*

NEVADA (continued)

*application):*
*(a) Students presenting physician's statement.*
*(b) Students presenting statement of religious reasons.*
*2. Discretionary exemption: Only students enrolled in ROTC may be granted exemption by the local school district.*

*Units in physical education are figured on the same hour basis as other areas of study.*

2. Nevada Teacher Certification Requirements, revised 1972 — No special requirement

NEW HAMPSHIRE

1. — No laws

2. — No special requirement

NEW JERSEY

1. School Laws
#

*18A:35-5 Maintenance of physical training courses: features.*
*Each board of education shall conduct as a part of the instruction in the public schools courses in health, safety and physical education, which courses shall be adapted to the ages and capabilities of the pupils in the several grades and departments. To promote the aims of these courses any additional requirements or rules as to medical inspection of school children may be imposed.*
*R.S. 18:14-93, amended 1954, c. 81, s 8.*

*18A:35-7 Course required.*
*Every pupil, except kindergarten pupils, attending the public schools, insofar as he is physically fit and capable of doing so, as determined by the medical inspector, shall take such courses, which shall be a part of the curriculum prescribed for the several grades, and the conduct and attainment of the pupils shall be marked as in other courses or subjects, and the standing of the pupil in connection therewith shall form a part of the requirements for promotion or graduation.*
*R.S. 18:14-96.*

2. No information

NEW MEXICO

1. Minimum Standards for New Mexico Schools, New Mexico State Department of Education, (pp. 15, 19, 34, 35, 50, 51, 52)

*Chapter II - The High School*

*Standard I - Curriculum*

* * *

*B. The following fields of instruction shall be included: language arts (e.g., English, speech, drama, and journalism); science; mathematics; social studies (e.g., history, geography, government, economics, sociology); fine arts (e.g., music, art); health education; physical education; foreign languages; practical arts (e.g., industrial arts, home economics, business education and driver education).*

* * *

*Standard III - Graduation Requirements*

* * *

*D. 5. Health and Physical Education - The equivalent of one period per day for one year at the junior high level and the equivalent of one period per day for one year at the senior high level.*

*E. Upon approval of the State Superintendent, a school may waive or substitute courses which are required for graduation whenever it can be verified that waiving the requirement is in the best interest of the student.*

*RECOMMENDATIONS:*

*It is recommended that physical education be offered on a daily basis for grades 7-9 and that one semester of health education be offered in grades 7-9. An adaptive physical education program is recommended to meet the needs of handicapped students.*

*Chapter III - The Junior High School*

*Standard I - Curriculum*

*A. The program of studies shall be sufficiently broad and varied to meet the individual needs of*

*all students and to allow for exploration in keeping with the philosophy of the junior high school. The following areas shall be offered at all grade levels:*

* * *

*Physical Education*

* * *

*D. Physical education shall be required of all students for the equivalent of one period per day for one year in both two-year and three-year junior high schools. The physical activity requirements shall be waived for health reasons upon presentation of a licensed physician's certificate.*

*RECOMMENDATIONS:*

*In addition to the above minimum standards, the following recommendations are made:*

*Health and Physical Education: It is recommended that physical education be offered on a daily basis for all junior high school years. Also, it is recommended that one year of health education be offered during the junior high school years. Programs of adaptive physical education are recommended to meet the needs of all students enrolled in the school.*

*Chapter V - The Elementary School*

* * *

*Standard II - Curriculum of Elementary School*

* * *

*A. 3. f. Physical Education - A planned program to include psycho-motor development.*

* * *

NEW MEXICO (continued)

*4. g. Physical Education - A planned program of varied activities (exclusive of recess).*

2. Minimum Standards for New Mexico Schools, New Mexico State Department of Education, (pp. 25, 39) — No special requirement

NEW YORK

1. Education Law, Article, Section 3204 — *Instruction required*

* * *

*3. a. (2) The courses of study and of specialized training beyond the first eight years of full time public day schools shall provide for instruction in at least the English language and its use, in civics, hygiene, physical training, and American history including the principles of government proclaimed in the Declaration of Independence and established by the constitution of the United States.*

ARTICLE 17

*Instruction in physical training and kindred subjects.*

Education Law, Article 17, Section 803

*1. All pupils above the age of eight years in all elementary and secondary schools, shall receive as part of the prescribed courses of instruction therein such physical training under the direction of the commissioner of education as the regents may determine. Pupils above such age attending the public schools shall be required to attend upon such prescribed courses of instruction.*

* * *

*5. It shall be the duty of the regents to adopt rules determining the subjects to be included in courses of physical training provided for in this section, the period of instruction in each of such courses, the qualifications of teachers, and the attendance upon such courses of instruction.*

NEW YORK (continued)

Rules of the Board of Regents and Regulations of the Commissioner of Education; The University of the State of New York, The State Education Department, Albany, New York, 1971 (p. 4)

*135.4 Physical education*

*(a) Course of instruction. The physical education of training program as required by law shall include instruction in the following types of activities in sufficient variety to meet individual pupil capacities, interests and needs: (1) body mechanics; (2) rhythms and dances; (3) games; (4) conditioning activities; (5) athletics; (6) self-testing activities; (7) remedial or corrective activities; (8) individual and dual activities; (9) gymnastics; (10) swimming and water safety where facilities are available; (11) recreation activities; (12) outdoor winter sports.*

*(b) Administrative procedures.*

*(1) Acceptable examinations and tests shall be employed by school authorities in determining pupil needs and in measuring progress.*

*(2) The program shall be differentiated and conducted to meet individual pupil needs in a satisfactory manner.*

*(3) Sufficient opportunity for the exercise of pupil initiative, leadership and responsibility under guidance shall be provided throughout the administration of program in the secondary schools.*

* * *

*(d) Attendance upon such courses. All pupils shall be required to attend courses of instruction in physical education activities adapted to individual pupil needs as indicated by physician's examinations and other tests approved by the State Education Department.*

Section 100.2

*(b) Nothing herein contained, however, shall prevent a board of education from making such curriculum adaptations as are necessary to meet local needs and conducting such experimentation as may be approved by the commissioner. This principle of flexibility shall apply to every area of the curriculum. The exercise of initative and responsiblity on the part of local school authorities in the administration of the curriculum is encouraged.*

NEW YORK (continued)

"Amendment to the Regulations of the Commissioner of Education" (Pursuant to Section 207 of the Education Law) Section 184-6

*200.3 Educational Programs*

* * *

*(c) Special Teachers*

*Special teachers provide supplementary specialized instruction for handicapped children who spend most of the school day in regular class or special class programs. Special teachers who provide this supplementary include, but are not limited to the following:*

* * *

*(5) Teachers who provide instruction and/or training in specialized corriculum(sic) areas such as physical education, music, art, home economics, industrial and occupational education.*

2. No special requirement

NORTH CAROLINA

1. North Carolina # Statute 115-204

*Instruction in Physical Education and Health Education. There shall be organized and administrered under the general supervision of the State Superintendent of Public Instruction a comprehensive program of physical education and of health education including scientific instruction in the subjects of harmful or illegal drugs including alcohol.*

North Carolina Department of Public Instruction - guidance

*(1) Elementary - K-6*

*Organization*

*. Pupils in the elementary school should participate in an instructional program of physical education for at least 150 minutes per week.*

*(2) Secondary - Grades 7-9*

*Organization*

*. All students should have a minimum of three sessions of physical education each week.*

* * *

NORTH CAROLINA (continued)

*(3) Grades 10-12*

*Organization*

*. It is recommended that the local school administrative unit provide students an opportunity to participate in the physical education program beyond the ninth grade.*

2. Standards and Guidelines for the Approval of Institutions and Programs for Teacher Education; Division of Teacher Education, State Department of Public Instruction Raleigh, North Carolina; September 7, 1972 (p. 108)

*B. Competencies Needed by Teachers to Achieve Program Objectives*

* * *

*16. Design a balanced program which meets the needs of all students - including the exceptional students.*

NORTH DAKOTA

1. State-Federal Information Clearinghouse for Exceptional Children, The Council for Exceptional Children, 1411 South Jefferson Davis Highway, Arlington, Virginia, Document No. 6623.

*Title 15, Sec. 15-38-09: Physical Education to be taught in all schools. Physical Education shall be taught as a regular subject to all pupils in all departments of the public schools and in all educational institutions supported wholly or in part by money from the state. All school boards and boards of educational institutions receiving money from the state shall make provision for daily instruction in all the schools and institutions under their respective jurisdictions and shall adopt such methods as will adapt progressive physical exercises to the development, health, and discipline of the pupils in the various grades and classes of such schools and institutions.*

2. No information

OHIO

1. Am. Sub. House Bill # No. 76

*Section 1. That existing section 3313.60 of the Revised Code be amended to read as follows:*

OHIO (continued)

*Sec. 33313.60. Boards of education of county, exempted village, and city school districts shall prescribe a graded course of study for all schools under their control subject to the approval of the ***state board of education. In such graded courses of study there ***shall be included the study of the following subjects:*

* * *

*(E) Health and physical education, which shall include instruction in the harmful effects of narcotics and their illegal use and shall include instruction in the effects of the use of alcoholic beverages;*

Minimum Standards for Ohio High Schools, State of Ohio, Department of Education, Columbus, Ohio, Revised 1968, (pp. 52, 53)

*PHYSICAL EDUCATION AND HEALTH*

*A program of health and physical education is broad in its scope involving activities in several major areas. Health instruction and physical education are two different subjects, and should not be combined and treated as one discipline. Instead, definite requirements and separate grades should be given for each subject area.*

*The minimum requirement for physical education is two periods per week for two years, and for health education, a semester course or its equivalent in time is required. It is strongly recommended that physical education be offered on an elective basis to junior and seniors in all schools and required in schools where staff and facilities will permit.*

*A. The Physical Education Program*

* * *

*2. Classes shall be scheduled and organized to provide for the developmental needs of each pupil.*

* * *

*4. A modified or adaptive program shall be provided to enable the medically restricted student to participate in both an instructional and intramural program within the limits of their capabilities.*

OHIO (continued)

Minimum Standards for Ohio Junior High Schools, State of Ohio, Department of Education, Columbus, Ohio 1968, (pp. 14, 15)

*Curriculum and Instruction*

* * *

*(C) The junior high school shall schedule, over a three-year period, the following subjects in a developmental process, recognizing legal requirements:*

| *Subject* | *Years required to be scheduled by the school* | *Years required to be studied by each pupil* |
|---|---|---|
| * * * | | |
| *Health and Physical Education* | *3* | *3* |
| * * * | | |

*(E) The instructional program shall give evidence of the adaptation of organization and instructional procedures to meet student needs*

* * *

*(G) There shall be evidence that instructional materials, techniques, and processes are provided for varying levels of ability, interest, and social and emotional maturity.*

Minimum Standards for Ohio Elementary Schools, State of Ohio, Department of Education, Columbus, Ohio, Revised 1970 (p. 6) Standard EDb-401-02

*Organization and Administration*

* * *

*(G) Based on a minimum five-hour school day or one of greater length, the total instructional time allocation per week shall be:*

*four-fifths - language arts, mathematics, social studies, science, health, citizenship, related directed study and self-help; optional foreign language.*

*one-fifth - directed physical education, music, art, special activities and optional applied arts.*

OHIO (continued)

| | |
|---|---|
| 2. Laws and Regulations Governing Teacher Education and Certification: High School Teaching Certificates, 1972 | No special requirements |
| Laws and Regulations Governing Teacher Education and Certification: Kindergarten-Primary, Elementary and Special Teaching Certificate, 1972 | *Adapted physical education, including the teaching of all handicapped children - 2 semester hours.* |

OKLAHOMA

| | |
|---|---|
| 1. Enrolled House # Bill No. 1036 | *4. The teaching of physical education to all physically able students during the entire school year from kindergarten through ninth grade, through a daily thirty-minute period of physical education or a three-period-a-week program designed to provide a weekly minimum of one hundred fifty (150) minutes per student, exclusive of recess activity, supervised play, intramurals, interschool athletics or other extracurricular activities, provided any student participating as a member of any school athletic team shall be excused from physical education classes; and in addition an elective program of instructional physical education designed to provide a minimum of one hundred fifty (150) minutes per week per student shall be provided for all students in the tenth grade through the twelfth grade. The State Board of Education shall prescribe qualifications for physical education instructors. Provided, however, that the State Department of Education shall be empowered to exempt all or a portion of this requirement if an undue hardship would result to the school district;* |
| 2. No information | |

OREGON

1. Oregon Administrative Rules, Oregon Board of Education

*52-020 Physical Education Program*

*(1) District school boards shall provide in their respective schools a program of physical education for the development of health and physical fitness for all elementary and high school students in such schools in order to promote, develop, and maintain among students at all age levels optimum physical growth, health and physical fitness.*

*(2) The physical education program shall be so planned as to develop as minimum essentials normal symmetrical growth, organic vigor, strength and endurance, good posture, skills of bodily movement and coordination, and high levels of such qualities as agility, strength, speed, power, endurance, flexibility, balance, relaxation and such other physical qualities as the Superintendent of Public Instruction may deem important.*

*52-030 Physical Education Requirements*

*(1) Physical education instruction shall be required daily for all students from kindergarten through grade 10.*

*(2) The requirement of physical education for students in grades 11 and 12 shall be left to the option of the local school district. While it is recommended that districts provide physical education instruction for all students in grades 11 and 12, the local school district may:*

*(a) Make physical education instruction mandatory of all students in grades 11 and 12.*

*(b) Offer physical education on an elective basis to students in grades 11 and 12.*

*52-035 Excuse From Participation in Physical Education Program*

*Upon request by the parent of a pupil, and after consultation between such parent and the pupil's principal, the principal may partially or totally excuse such pupil from participation in the physical education program for reasons of health, religion, or*

OREGON (continued)

*other good and sufficient cause. If the parent and principal are unable to agree, the matter may be submitted for final decision to the governing body of the school district operating the school which such pupil attends.*

Source Unknown

*II General Policies and Procedures*

*Students who are found to have physical conditions that limit their participation in the activities of the regular physical education program should have special consideration. These students should be referred to a physician to determine if there is a physical basis for restricted activities. This program also should include students with special problems related to physical education (e.g. postural deviations).*

* * *

*If the physician finds reason for the student not to participate in regular physical education, the activities as outlined by the physical education teacher must meet with his approval.*

*The "Request for Physician's Recommendation on Physical Education Activity" form should be sent to the physician. If this form does not produce the exact directions needed by the physical education teachers, they should, with administrative approval, consult with the physician. In this way, a full interpretation of the program can be made and then adjusted to the student's abilities. Close cooperation and communication should be maintained among the members of the team.*

"Physical Education," State Department of Education, 1972.

*4.0 Program Quality Indicators*

* * *

*4.9 Adapted Physical Education Class Instruction*

*Adapted programs should be provided for those students who cannot participate in the regular physical education program because of medical, physiological, or psychological reasons. Variances in the programming of individuals from the regular programs of physical education should be on the basis of a health medical examination, physical*

*fitness test, skill proficiency tests, and justifiable academic needs.*

2. Oregon State Board of Education Rules for Certification of Teachers, Specialists, and Administrators, Effective 1972-1974

*Subject Matter Norms*

*32-106*

*(38) Standard Physical Education * (grades 5-12)*

*Demonstrated competency or 18 additional quarter hours designed to develop further teaching competencies in physical education, to include:*

*(a) Twelve quarter hours in physical education in addition to those required for the basic norm, to include the following: physiology of exercise; evaluation in physical education; adapted physical education; motor skill learning.*

*(b) Six quarter hours in advanced laboratory experiences designed to improve teaching competency in one or more of the areas listed in (37)(b).*

*32-111*

*(40) Standard Physical Education* (grades K-12)*

*Demonstrated competency of 12 quarter hours designed to develop further competencies in physical education in addition to those required for the basic norm, to include two or more of the following areas: perceptual motor training; physiology of exercise; evaluation of physical education; and adapted physical education.*

---

** The standard norm includes the specialized preparation required in a five-year program of preparation and is the norm to be completed by teachers or educational specialists who would continue in any professional assignment in which the norm applies.*

PENNSYLVANIA

1. Regulations of # the State Board of Education of Pennsylvania, Chapter 7, General Curriculum Regulations, pages issued March 1969

*7-211 Elementary Curriculum*

* * *

*g. Physical Education*

*1. A planned course in physical education shall be taught daily in every grade of the elementary school, or*

*2. A planned course of adapted physical education shall be taught in every elementary school*

*7-231 Junior High School Curriculum*

*a. Adapted Physical Education-A planned course of adapted physical education shall be taught in every junior high school. This may be given in place of Section 7-231i.*

* * *

*i. Physical Education-A planned course given at least two separate times weekly in each of the grades of junior high.*

*7-232 Senior High School Graduation Requirement*

* * *

*d. Physical Education-A planned course given at least two separate times weekly in each of grades 10, 11 and 12.*

*7-233 Offerings in Senior High Schools*

*In addition to the planned courses actually required for graduation as set forth in Section 7-232, every senior high school shall have other course offerings....These "offerings" shall include the following:*

*a. Adapted Physical Education*

2. No information

RHODE ISLAND

1. The General Laws of Rhode Island, Section 16-22-4

*Instruction in health and physical education. All children in grades one through twelve attending public schools, or such other schools as are managed and controlled by the state, shall receive*

RHODE ISLAND (continued)

*therein instruction in health and physical education under such rules and regulations as the department of education may prescribe or approve during periods which shall average at least twenty (20) minutes in each school day. No private school or private instruction shall be approved by any school committee for the purposes of chapter 19 of this title, as substantially equivalent to that required by law of a child attending a public school in the same city and/or town unless instruction in health and physical education similar to that required in public schools shall be given.*

Regulations Governing the Education of the Mentally Retarded

*IV Criteria for the Educational Program*

* * *

*B. School Program*

*1. Mildly Retarded*

* * *

*d. All mildly retarded children enrolled in both elementary and secondary level programs shall receive the same itinerant services that are provided for normal children in the regular classes. In addition they shall also receive in accordance with their needs as judged by an overall evaluation, services from duly licensed and/or certified professional personnel in the following areas:*

*Speech/language and hearing, social case work, physical therapy, occupational therapy, physical education, psychology, auditory and visual perception training, sensory and motor development, behavior modification, nursing and medicine.*

2. Requirements for Special Subjects Certificate

No special requirement

SOUTH CAROLINA

1. 1962 Code #

*#21-416 Courses in Physical Education. -- There shall be established and provided in*

SOUTH CAROLINA (continued)

*all the public schools of this State physical education, training and instruction of pupils of both sexes, and every pupil attending any such school, in so far as he is physically fit and able to do so, shall take the course or courses therein as provided by this section. Suitable modified courses shall be provided for students physically or mentally unable or unfit to take the course or courses prescribed for normal pupils.*

Accreditation Standards for High Schools, 1971

*Minimum Curriculum - Grade 7-8*

*Page 43-6 -- Health and Physical Education may be scheduled for two or three days a week. Students physically or mentally unable or unfit to take the physical education course provided for the normal student shall take a suitably modified course in physical education or a subject in another area, provided the subject is approved by the Chief Supervisor of Secondary Education Section.*

*Minimum Curriculum - Grades 9-12*

*Page 47-E -- Students physically or mentally unable or unfit to take the physical education course provided for the normal student shall take a suitably modified course in physical education or a subject in another area provided the subject is approved by the Chief Supervisor of Secondary Education Section. (Section 21-416 "Code of Laws of South Carolina, 1962".)*

2. Certification for Health and Physical Education

No special requirement

SOUTH DAKOTA

1. #

Department of Public Instruction Bulletin -- if a school wants to become accredited, it must offer physical education in the secondary schools.

2.

No special requirement

TENNESSEE

1. Printed Source Unknown *(2 Health and physical education*

* * *

*(a Grades 1-6*

* * *

*(2) A planned program of physical education shall be provided for a minimum of thirty minutes daily.*

*(b Grades 7-8*

* * *

*(2) A planned program of physical education shall be provided for thirty minutes daily or for forty-five minutes on alternate days or two sixty minute periods per week.*

*(c Grades 9-12*

*(1) One unit of health and physical education shall be required as a prerequisite for graduation.*

*The unit shall consist of:*

*(a) One semester of health instruction*

*(b) Seven semesters of physical education for a minimum of two periods per week. These requirements shall not prohibit a school from consolidating or alternating these class periods.*

*(2) An additional unit in health and physical education shall be optional.*

*(d The physical education program shall be modified for pupils who have physical disabilities, provided it is recommended in a written statement by a physician. The statement of the physician shall show the type of disability, the probable duration of the disability, and a recommended activity program.*

2. Printed Source Unknown *Eighteen quarter hours in physical education which must include the areas listed below:*

* * *

TENNESSEE (continued)

*9. Modified or adapted activities for the handicapped student.*

TEXAS

1. Principles and # Standards for Accrediting Elementary and Secondary Schools Texas Education Agency, Bulletin 560 Revised, January 1970

*Principle VI*

* * *

*9. Each accredited secondary school (grades 7-12) makes available to pupils the following subjects based upon state description of courses and local courses of study.*

*. Physical Education (six years) in accordance with Article 266a, Section 1, Revised Civil Statues.*

* * *

*11. All pupils must complete at least 16 units plus 1 1/2 units (240 clock hours) of physical education instruction and 1/2 unit (80 clock hours) of health education to receive a high school diploma.*

*. The two-unit requirement in Health Education and Physical Education may be completed by one of the following plans:*

*Plan A: One-half unit in Health Education and one and one-half units of Physical Education according to the approved State description of courses*

*Plan B: Two units of combined Health Education and Physical Education in which health instruction is scheduled for approximately one-fourth of the total time using an instructional guide outlining activities and time allocations according to the approved State description of courses*

*Students are classified for physical education on the basis of health into one of the following:*

*Unrestricted--not limited in activities and includes participation in inter-school athletics*

*Restricted--excludes the more vigorous activities but includes a limited participation in intramural activities*

TEXAS (continued)

*Adapted and remedial--specific activities prescribed or prohibited for students so classified. The doctor uses this classification rather than a medical excuse*

2. No information

UTAH

1.
#

**Elementary--physical education is one of eleven recommended subjects to be included in the curriculum.**

State Program of Studies in Secondary Schools and High School Graduation Requirements, Public Instruction, April 1958 (pp. 30, 32)

*Junior High School Program of Studies--*

* * *

*6. Physical Education---Required Units... 1 1/2*

*One and one-half units of physical education are required. This work shall be taken over a period of three years (seventh, eighth, and ninth grades) with 1/2 unit as a minimum for each year. Credit for physical education shall be given independently of any other subject.*

*Senior High School Program of Studies*

* * *

*6. Physical Education---Required Units... 1*

*One unit of physical education is required. This work shall be taken on a half-unit basis in any two of the three grades, ten through twelve. However, participation in a program of intramural sports (approved by the State Board of Education) may be accepted for one-half unit of the requirement. A high school offering an R.O.T.C. program may substitute R.O.T.C. for one-half unit of physical education. In exceptional cases, upon application by the school district and approval by the State Board of Education, R.O.T.C. may be substituted for the second one-half unit of physical education.*

UTAH (continued)

2. For certification of universities--competencies and understanding of adaptive or corrective activities are required.

VERMONT

VIRGINIA

1. Code of Virginia, 1950
Title 22, Chapter 12

*Article 2, Section 22-237*

*Physical and health education shall be emphasized throughout the course by proper lessons, drills, and physical exercises set up by the State Board.*

*Article 3, Section 22-243*

*All pupils, in all the public elementary and high schools for the State shall receive as part of the education program such examinations, health instruction and physical training as shall be prescribed by the State Board and approved by the State Board of Health, in conformity with the provisions hereof.*

Implementation of Revised Accreditation Standards in Regard to Health and Physical Education

*Standard A: A secondary school shall offer each year in grades 8-12 a minimum of 42 units which shall be distributed as follows: 26 units in academic subjects, 11 units in practical arts and/or vocational subjects, 2 units in fine arts, and 3 units in health and physical education.*

* * *

*7. Question--May a pupil with a medical excuse from physical education be exempt from the requirement?*
*Answer--No. Every effort should be made to provide an adaptive program of physical education activities for all pupils who because of a handicap cannot participate in the required program.*

2. Revised Health and Physical Education Program--Content Identification Chart effective July 1, 1968

*II General Theory in Health, Physical Education, and Safety*

* * *

*12. A study of the physically and mentally handicapped, including:*

VIRGINIA (continued)

*a. Normal and abnormal postures and body structures in reference to the mechanics of movement*

*b. Types of remedial exercises and other physical activities for individuals restricted because of poor body mechanics, orthopedic defects or other motor deficiencies*

*c. The nature of common crippling diseases*

WASHINGTON

1. Revised Code of Washington

*Compulsory Courses*

*28A.05.030 Physical education in grades one through eight. For periods averaging at least twenty minutes in each school day, every pupil attending grades one through eight of the public schools shall receive instruction in such courses of physical education as prescribed by rule or regulation of the state board of education: Provided, That individual pupils or students may be excused on account of physical disability, religious belief or participation in directed athletics.*

*28A.05.040 Physical education in high schools. All high schools of the state shall emphasize the work of physical education, and carry into effect all such courses as required by rule or regulation of the state board of education, which shall provide for a minimum of ninety minutes in each school week: Provided, That individual students may be excused on account of physical disability, employment or religious belief, or because of participation in directed athletics or military science and tactics: Provided further, That individual high school students shall be excused therefrom upon the written request of parents or guardians.*

The Administration of the High School Curriculum Section of Health and Physical Education--Appendix E

*Beginning September, 1934, a definite program is required in Health and Physical Education. The minimum requirement is for a two-year program including ninth and tenth year students.*

WASHINGTON (continued

Rules and Regulations Established by State Board Relating to Physical and Health Education and Recreation, Superintendent of Public Instruction

*Full credit may be given for health and physical education provided the following standards are met:*

* * *

*4. Development of a proper correction program*

Standards for High School Accredition, the State Board of Education, June 1956

*It is recommended that every boy and girl be provided the opportunity for a daily program of physical education and health study throughout the four years of high school.*

2. No information

WEST VIRGINIA

1. West Virginia # Board of Education July 8, 1965

*Be it resolved by the West Virginia Board of Education that physical education in an amount of not less than 30 minutes per day be added as a required subject to be taught in the elementary public free schools in the State of West Virginia.*

Secondary Schools: Standards for Classification, 1966 (pp. 20 and 21)

C. Required Courses--Physical Education

1. The Constant Curriculum for All Pupils

* * *

Required in the seventh and eighth grades

In the four-year high school:
4 years, 2 periods per week,
10 Semester Hours Credit.

In the three-year high school:
3 years, 2 periods per week,
7 1/2 Semester Hours Credit.

2. Required Courses for College-Bound Students

Health and Physical Education 1 Unit

WEST VIRGINIA (continued)

Printed Source Unknown (p. 16.3)

*Section 16: Physical Education. Those students having less than normal physical abilities and capabilities should be provided for through the establishment of special classes.*

2. No special requirement

WISCONSIN

1. Law

# General School Operations Chapter 118

*.01 Curriculum requirements*

* * *

*(3) Physical Education. Physical instruction and training shall be provided for all pupils in conformity with the course of instruction in physical education prescribed by the department. In 1- and 2-room schools such instruction and training shall take the form of supervised playground work. In this subsection "physical education" means instruction in the theory and practice of physical exercise and instruction in hygiene, but does not include medical supervision.*

Classification Standards Items 18-19

*To have an approved physical education program:*

*There is compliance with Section 118.01(3) of the Statutes which indicates that physical education shall be provided for all pupils in grades 1-12. Adaptive activities should be provided for students who cannot participate in the regular program because of physical handicaps or other limiting factors.*

2. Certification Standards, Wisconsin Department of Public Instruction, 1972, Bulletin No. 1809 (p. 16)

*Special Education - Special Fields*

*860 Physical Education - Special Education*

* * *

*For a regular three-year license, the applicant must have completed and/or possess:*

*A. Eligibility for a license in physical education*

WISCONSIN (continued)

*B. 9 semester credits of course work in:*
*(1) introduction or nature of exceptional children*
*(2) practicum in the particular area of specialization with exceptional children*
*(3) elective in special education*

*C. A statement from the institution at which the above course work was completed attesting to the competence of the applicant in the area of specialization with exceptional children.*

WYOMING

1. Source Unknown
#

*Section IV. Graduation Requirements:*

* * *

*.089 The following courses are included (grades 9-12) in the graduation requirements:*

* * *

*e. Health and Physical Education:*
*Senior high school (10-12) the equivalent of one period per day for one year; four-year high school (9-12) the equivalent of one period per day for two years. (It is recommended that health and physical education be offered to all students each year.)*

*Junior-senior high school (7-12) the equivalent of one period per day each year in grades 7-9, and the equivalent of one period per day for one year in grades 10-12.*

*The physical activity requirement may be waived at the discretion of the high school principal or superintendent.*

2. No information

## SELECTED REFERENCES


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